

# RESOURCES FOR JOB SEEKERS



The global recession has hit Connecticut. Many families are worried about layoffs and how they'll make ends meet. In these difficult times, there is assistance available. On the back of this postcard is a list of services and contact information that might be useful to you, a family member, a friend or neighbor. Should you need further assistance, please don't hesitate to contact my office.

**Employment Information Online**

[www.senatedems.ct.gov/Jobs](http://www.senatedems.ct.gov/Jobs)



State Senator  
**Ed Meyer**

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# State Senator Ed Meyer's **RESOURCES FOR JOB SEEKERS**



Web site links relating to many of the programs on this page can be found at [www.senatedems.ct.gov/Jobs](http://www.senatedems.ct.gov/Jobs)

## **CTWorks Career Centers**

These are regional, one-stop career centers providing job skills development services, including: job search strategies; resume writing and critique; interviewing techniques; and career exploration. A Career Center is located in Hamden to provide guidance and services to those seeking employment. **859-3200**

## **CT Job and Career Connection**

Online resource for individuals seeking employment by providing self-assessment tools to find the right occupation, general information about various careers and various links to search for jobs and employers.  
[www.ctjobandcareer.org](http://www.ctjobandcareer.org)

## **CT JobCentral**

An online job bank where individuals can search for jobs as well as upload their resume and access various employment-related information. [www.jobcentral.org/ct](http://www.jobcentral.org/ct)

## **Unemployment Insurance**

For information about unemployment insurance and benefits call the TeleBenefits number in Hamden.  
**230-4939**

## **More Information Online**

One-stop source for additional links to the programs described here and additional employment search engines and job postings. [www.senatedems.ct.gov/Jobs](http://www.senatedems.ct.gov/Jobs)

## **Where to Turn When Unemployed**

The United Way of Connecticut has produced a document titled *"Where to Turn in Connecticut When You Become Unemployed."* It contains various resources for individuals who have just lost their jobs such as information regarding unemployment insurance, medical benefits, legal assistance, and help with job searches and money management. Contact my office at **1-800-842-1420** to receive this helpful publication or visit our Jobs Web page (see above) to download a copy.



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